**Pretest -Posttest for Session #1**

What is the calculation for BMI?

1. I have heard of BMI, but I do not know the calculation
2. I have never even heard of BMI

What do you like about your body?

1. Thighs
2. Arms
3. Hair
4. Hips
5. Nothing, I really don’t like my body
6. There are some things I like about my body, but they are not listed here